

# THE EXPRESS

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Serving Anson County and the Municipalities of Ansonville, Lilesville, McFarlan, Morven, Peachland, Polkton and Wadesboro.

## Anson Mobile Food Market is May 15

The next Anson Mobile Food Market will be held on Thursday, May 15, starting at 10:00 a.m. The location is Peachland Community Center, located at 32 East Passaic Street in Peachland.

Food will be given away, including fresh vegetables, fruit and bread (if available). There will be blood pressure and blood sugar checks, along with other healthy living topics and booths.

This free event offers citizens of Anson County six to eight different types of fresh produce monthly. This is a free initiative, so please come and get some produce. **Nothing is required for you to receive produce**

The event is sponsored by the Anson County Extension and its partners.

This event is to assist in the scarcity of fresh, healthy food in the county. It will also serve as an educational event to offer education on the two targeted areas of the county health assessment which are tobacco use and hypertension. Agencies will be set up offering services and information in those two targeted areas.

## North Carolina Named a Top 10 State for Economy, Growth

North Carolina has been recognized for the #7 Best Economy and #5 Best Growth in the country by U.S. News & World Report. The Best States rankings evaluate all 50 states across a range of categories, including health care, education, economy, infrastructure, opportunity, fiscal stability, crime and corrections, and natural environment. North Carolina was ranked as the #13 state overall, up six spots from #19 in 2024.

“We have long known that North Carolina is a top state to live, work, and raise a family,” said Governor Josh Stein. “I am proud of our state’s work to grow our economy and make it work for more people. But we cannot rest on our laurels. We must invest in public education, health care, infrastructure, public safety, and workforce development to ensure our state’s competitive status for years to come.”

U.S. News’ Best States rankings draw upon 71 metrics and thousands of data points to measure how well U.S. states are performing for their citizens. To view the full rankings and search state profiles, visit [usnews.com/states](http://usnews.com/states).

## Know the Warning Signs and Symptoms of Stroke

**Make sure you can spot the symptoms in yourself and a loved one**

**Remember F.A.S.T. for signs of a stroke**

Strokes are one of the top three causes of death in the United States and the leading cause of long-term disability. What’s more, North Carolina is located in what researchers call the stroke belt, meaning the death rates for stroke are highest in this area compared to the rest of the United States.

While most stroke cases are unpredictable, identifying warning signs as soon as possible can make a big difference in how someone is treated for and recovers from a stroke.

Symptoms can include weakness on one side of the body, numbness, confusion, fatigue, dizziness, blurred vision, a severe headache and potentially paralysis. However, each stroke case has its own unique combination of signs and symptoms, so not everyone will experience all of them simultaneously nor at the same level of intensity.

**F.A.S.T is an easy way to remember the signs of stroke.** If you spot these signs in yourself or a loved one, you should call 911 immediately.

- **Face Drooping:** Does one side of the face droop, or is it numb? Ask the person to smile. Is the person’s smile uneven?
- **Arm Weakness:** Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- **Speech Difficulty:** Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like “The sky is blue.” Is the sentence repeated correctly?
- **Time to call 911:** If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get the person to the hospital immediately. Check the time so you’ll know when the first symptoms appeared.

Some lifestyle choices and medical conditions can put you at a higher risk of stroke. Some examples include:

- Poor nutrition
- Lack of physical activity
- Smoking
- High stress
- High blood pressure

By making an effort every day to move more, eat more fruits and vegetables, get more sleep, quit smoking and regularly checking your blood pressure, you can cut down on your risk of having a stroke.

To learn more about stroke care visit [stroke.org](http://stroke.org).

## Wildfires Are a No-Drone Zone for Good Reason

There were two drone incursions Friday, May 2 over the Sunset Road Fire, an active wildfire burning in Brunswick County, NC. While these drones were in the air firefighting aircraft had to be grounded for 45 minutes. When a wildfire runs and spreads rapidly, every minute counts.

Flying a drone near or over a wildfire is ILLEGAL.

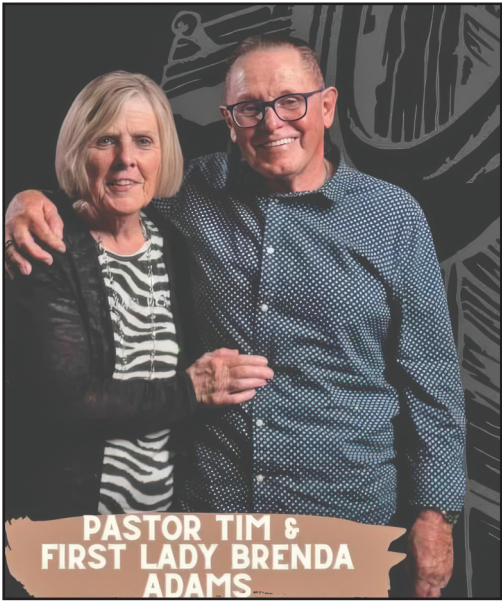
Don’t do it.

Firefighting aircraft that respond to wildfires fly low in support of ground personnel. Drones can pose a serious threat to pilot and public safety. A drone that disrupts air operations also puts firefighters, residents and property at risk of loss to wildfire.

Oftentimes, media outlets, other first responders and private landowners deploy drones near or over wildfires. It isn’t ok. It’s dangerous ... until it’s deadly. Don’t do it.

It’s illegal to fly a drone near or over a wildfire in North Carolina. N.C.G.S. §15A-300.4 -- No person, entity, or State agency shall use an unmanned aircraft system within either a horizontal distance of 3,000 feet or a vertical distance of 3,000 feet from any forest fire within the jurisdiction of the N.C. Forest Service.

Remember, wildfires are a no-drone zone for good reason.



PASTOR TIM & FIRST LADY BRENDA ADAMS

On Monday, April 14, 2025, something extraordinary and literally unheard of happened for Harvest. The property, which was owned by Tri City Properties (and now C.F. Smith Enterprises), was gifted/donated to the local ministry and 501 C3 organization! Yes, you read that correctly – the campus with a replacement value of 3.1 million dollars was deeded to Harvest Ministries absolutely debt free!

Founding Pastors of Harvest, Pastor Tim and Brenda Adams shared, “This is truly a miracle, blessing, and historical day!” Pastor Tim added, “From humble beginnings of 20 people in our living room, the goal has always been to reach people - all people - with the life changing Gospel of Jesus, as well as being a beacon of light to this community. The motto has never changed, “Find a Need and Fill it ...Find a Hurt and Heal it.” Pastor Tim said, “What this gift means - is just a solidifying of the vision, purpose, and need for Harvest to continue to partner, support, link arms with other ministries, nonprofits, and organizations to make a positive impact.”

Adams wrote a book last year “The Church of No Money” (available on Amazon) which shared the meager start of the ministry as well as the provision God provided to see the vision come to pass.

Current Senior Lead Pastors Steve and Lyndsey Adams echoed what the founders stated. Pastor Steve shared, “It’s still sinking in what God has done through C.F. Smith Properties and the Robinette family. Harvest has been blessed to be connected to faithful church members throughout the years. This moment would not have happened without their sacrifice and commitment to support what God has done! Since our inception we have been blessed to stand alongside many great local churches, community partners, and others, and this really is a gift to the entire local area. This campus has been and will continue to be utilized to offer many positive, life-impacting endeavors, moments, and memories. Today is a great day for this congregation and Anson County”

The Adams and the congregation of Harvest would like to thank every person who during the last 25+ years has given financially, served faithfully, and prepared for this day to come.

Pastor Tim Adams concluded, “Nothing happens without leadership and faithful people – so today we are extremely grateful for every person who has been a building block to Harvest and this community campus.”

Harvest is planning a ribbon cutting celebration on Sunday, June 29 during the 10:30 a.m. morning worship experience. The congregation would like to invite the entire community, local elected officials, educators, other nonprofit agencies, and partners who have been instrumental in the programs and opportunities throughout the last 25 years. Light refreshments will be provided following the program.

For more information visit [www.harvestmin.com](http://www.harvestmin.com) or call: 704-695-2879.



## Happy Mother's Day To All Mothers, But Especially Mine

### My Hero

Saturday, December 15, a day that is special beyond words, the day my mother was born. I believe God sent this little girl from Heaven to become the caretaker of many difficult tasks, making her strong and independent, warm and friendly, loving, gentle and kind. He did not send her to be my hero, she became my hero while living her life and showing me how to live mine.

This narrative could become wordy and unfathomable, so I will not communicate all the details this woman and her five children have shared, for it would take volumes to write our history. The sole purpose of this submission is to outline a chosen few of the reasons my mother is indeed MY hero.

So many of the things that are essential in life I learned from my mother. She taught me the importance of respecting others and to be respectful always - no matter the age, skin color, whether rich or poor - I know the right thing is to give everyone the respect they deserve. I know that prejudices and judgments against others are wrong so I try to live without those barriers and I do so because my mom taught me the concept of respect for others.

She modeled responsibility so brilliantly that it just became natural in my own life. “You are responsible for what you do or say, for what you accomplish or do not accomplish, your life is ultimately up to you. Be an independent thinker and don’t follow others into the night, blindly. Be yourself and stand up for your beliefs. Make responsible choices, be a leader not a follower, be wise and strong.” These things do not come easily. But I know they are possible because I have witnessed them through her.

She advised me not to use life’s obstacles as a crutch, but rather as a lesson learned. It was while she was working double shifts, seven days a week to support her family that I learned the value in what she was doing. At the same time I learned how to become an independent girl, I learned the value of saving, budgeting and looking forward in order that life wouldn’t catch me off guard and without one thin dime to my name. I learned how to work hard. Hard work never hurt anybody and again, she modeled that philosophy better than anyone I know. I’ve never met a harder worker than her.

To me, my mother is the most beautiful person on Earth. Her beauty illuminates from deep within her soul and spills out onto her face, through her smile. It flows through her arms from where she embraces me with the most perfect love I’ve ever known and it is shown through her teachings of life’s lessons which have been instilled in me forever.

“God couldn’t be everywhere so therefore he created mothers.” Happy Mother's Day, my mother, my hero, my friend. I walk behind you in hopes of following your footprints. For I could find no better example of the places I should go than where your steps have already tread. “Nothing is as perfect as a mother’s love,” how true those words.

By Melanie Lyon

## Memorial Day Ceremony Set for May 26

The Anson County Veterans Service and Veterans Council invite the residents of our county, and their guests, to the Anson County Memorial Day Ceremony on Monday, May 26 to remember and honor those who made the ultimate sacrifice for our country. The ceremony will begin at 10:00 a.m. at Wadesboro Park, located at the corner of Center Stree and Gatewood Street (just off Morven Road) in Wadesboro.

Light refreshments will be served after the ceremony.

For more information about this event and other opportunities for veterans in Anson County, contact Brendan Gibbons at 704-465-0086 or [BGibbons@ansoncountync.gov](mailto:BGibbons@ansoncountync.gov).

## Harvest Ministries in Wadesboro Was Given an Extraordinary Gift

### Buildings and 7 acre campus donated to HMOC

Founded in August 1999 with about 20 people in a living room, and then transitioning into the current campus, Harvest Ministries in Wadesboro has become a place where lives are empowered, transformed, and renewed through a relationship with Jesus Christ and multiple community programs.

Harvest is ordained through and recognized as a Legacy Church by Pastor Rod Parsley of World Harvest Church, a 5,000+ member church in Columbus, Ohio. For the past 25+ years Harvest Ministries has occupied the former Food Lion grocery store as well as the former Rite Aide pharmacy, located behind Pizza Hut and McDonalds on Highway 74 in Wadesboro. The property, which houses the church, as well as the City Reach Community Center, hosts carnivals, circuses, car shows, professional wrestling, food giveaways, school supply giveaways, Thanksgiving turkey giveaways, Christmas Blessing events, mentoring programs, concerts, tutoring, and a plethora of community events to benefit Anson County and the surrounding region.



PASTOR STEVE & FIRST LADY LYNDSEY ADAMS

## HOLLA! 5K & Literary Escape Fundraiser is Saturday

HOLLA! proudly commences its 20th Anniversary with the 9th Annual ‘Our Giving Tree’ HOLLA! 5K at 8:00 a.m. and Afternoon Literary Escape Fundraiser at 3:00 p.m. on Saturday, May 10 at 229 East Main Street in Morven. This signature event brings together fitness, storytelling, and purpose, raising vital support for HOLLA!’s ongoing literacy and youth development programs.

Info [givebutter.com/VMu1Mn](http://givebutter.com/VMu1Mn)

## Marcus Covington in Concert at the Library

The Hampton B. Allen Library will present a musical program on Monday, May 12 in the Little Theater. The featured artist will be Marcus Covington, with jazz and christian music. Everyone is invited to come and enjoy the music of this talented young man.

Any questions please call 704-694-5177.

## Morven Cemetery Meeting May 12

The annual membership meeting for Morven Cemetery, Inc. will be held on Monday, May 12 at 7:30 p.m. at Morven United Methodist Church, located at 318 East Main Street in Morven.